

CLEAR PERCEPTION

THE FOURTH INSTALLMENT

PURIFICATION
DAY OF SUFFERING
UPHEAVAL
ADL UK
+ARTICLES
REVIEWS...

THE RETURN TO THE FRAY

It's been a long, long while since the third issue of CLEAR PERCEPTION, coming close to 2 years and a lot of things have happened during that time, not all of them good by any means but that is life and there is no need to bore you with it. Having completed issue 3 I decided it was time for a break from doing the zine and I concentrated on other things until about 3 months ago when I began in earnest to work on a new issue with a greater desire than ever to get the zine out. People judge myself and those I consider my brothers and sisters on the basis of lies, misconceptions and half-truths. It would appear that the ignorant and blinded still hold sway and weakness is still a way of life to be applauded. Therefore in part this zine is my attack on those lies and those views, in part anyway. Too many people think that I will care if they attempt to exclude me from their petty, unimportant 'scene', too many people have an inflated ego. Well, I do not care about your bans and your comedic attempts at censoring my beliefs. I desire the birth of a new age, an age based upon a deep respect and reverence for all innocent life regardless of race, gender, age or species, born or unborn-all life is equal. An age where the guilty will be punished, where those who place obstacles in the path of revolution intent upon upholding this system based upon the defilement of life will fall, trodden beneath the feet of those who see the truth and beauty that is life. No longer will the oppressor be granted rights to continue their oppression, the victimizer will be seen as guilty and will be punished as such. Too many people walk the sidelines, too many change their views or their emphasis from day to day to gain acceptance or to lead a 'quiet life'. While you sit on the fence the innocent die, your apathy sentences them...and you. Too many profess to be my friend and yet too often side with my enemies and the enemies of life-you too will be wiped from my memory. Too many rely upon past glories, words or a reputation to hide their lack of action. But I see you all for what you are. Through the defence of all life, the new age will be born.

Chris, PO Box 76, New Ferry, L63 0QT, England, UK.

This zine is dedicated to: Caroline(My light in the darkness), my family, my brothers in SLAVEARC and CLEANSED THROUGH FIRE RECS..

To my brothers and sisters around the world involved in the struggle for total liberation, you are in my heart.

Special thanks for their contributions to the zine:

John and DOS, Nathan and UPHEAVAL, Tim ADL, Sean(scanning), Maurizio and PURIFICATION Davey(photos),Kim(photos),Jonathan Dennison, Danielle Dombrowski(photo), Andi Goddard(flyer designs and design help with SOS)and everyone who sent stuff for review.

And to everyone who sold out of veganism/drug-free living since the last issue-your names are many, but your worth is little-the weak fall and the strong remain.

LISTENING: MORBID ANGEL, ANOTHER VICTIM, FALL OF BABYLON, ABSENCE, UPHEAVAL, SEPULTURA, BOLT THROWER, EARTH CRISIS, PATH OF RESISTANCE, DAY OF ATONEMENT, KILLA INSTINCT, VEGAN REICH, KRABATHOR, SLAYER, DISCIPLE, CAPTIVE NATION RISING, DAY OF SUFFERING, GUNSHOT, CHORUS, GREEN RAGE, PURIFICATION, DEICIDE, BIRTHRIGHT, BENEDICTION, COUNTERWEIGHT, CANNIBAL CORPSE, PARIS, PYREXIA, 18 VISIONS, INVIDIA, EXTINCTION, GRAVE, DEATH, CONTEMPT, INCANTATION.

READING: Dwellers In The Land, Destroy Babylon, Liberation, Declaration, Declaration Of War, Arkangel, Ecodefense, Defense, Rescue and Survival.

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PURIFICATION

Questions answered by Maurizio.

1. Could you tell us about PURIFICATION, when you formed, line-up, releases so far etc..

The band started out as a Vegan SXE project we wanted to do to have fun and piss-off some people. Our idea was to have enough songs to put out a 7" lyrically and musically in the vein of EARTH CRISIS and RAID. Our idea was to create something really extreme and strong in these times of politically correct blindness. Here in Roma there have always been a lot of Vegan SXE people in the scene, so it wasn't a problem to find a stable line-up and start practising. It all happened in the summer of 96. A few months after we recorded with only a tape recorder and a couple of mics, our 'Arkangel' demo and played our debut-show here in Roma along with UNBORN and FEEDING THE FIRE, that show was a complete wreck due to the rain that fell continuously from the morning onwards, making it impossible for a lot of people to make it to the venue. Now PURIFICATION is a real band, the people in the band are now more into PURIFICATION than their other bands. The name is starting to spread and some releases are on their way. We just finished recording our debut 7" which will be out soon. Plus we have songs coming out on benefit compilations for animal liberation prisoners and animal liberation associations;the 'Path Of Compassion' CD comp. out soon on Catalyst from the States, the 'Animal Truth' CD comp. out soon on Sober Mind recs. from Belgium and the 'Out Of The cages'comp. 7" out now on my label SURROUNDED RECORDS.

2. What originally inspired you to form PURIFICATION?

As I told you PURIFICATION formed with the sole purpose of bringing out a militant and direct message of Earth liberation. We wanted to be a stronger and louder voice of our scene. To be representative of our ideals and doing our best to spread them. Since I entered the SXE movement/scene the thing that I've appreciated the most is the strong and indefatigable thirst for justice a lot of people have. The will to fight, to never give up, and the struggle for animal liberation became the primary urge we can and have to win. The scene understood the importance and vitality of this subject making the vegan/vegetarian lifestyle a part of the whole straight edge philosophy. PURIFICATION was born to add a voice to the protest's choir. Our lyrics talk about our concerns about the disrespect of innocent life. The inspiration to form the band came from the same inspiration everyone of us has when facing injustice, to react against these evil deeds and if possible make them stop. PURIFICATION is one of the forms of reaction and self-defence I have against the system we live in.

3. You recently recorded a track entitled 'The Great Enoch' which refers directly to the Luddite movement-for those reading who don't know could you explain the ethics behind Luddism. How did you find out about the movement? and what about the Luddites and their philosophy and actions inspired you to write the song?

Well, neo-Luddism is quite a tough matter. It's not easy to talk against something you need everyday to go along. Technology rules our lives, changing our social behaviour, creating alienation and solitude. Man's needs and wishes are now the result of extreme and thoughtless modernization, what humanity strives for is what hi-tech establishments want it to desire. Our primal needs are foods which contain no nourishment, cars and machines that simplify our lives, things that relieve the sense of void that our unnatural habits create. Soon our lives get sucked in the chase to get these tools of technology we believe to be our final goal in life. Forgotten is the splendour of a green forest or how beautiful it is to see the sun going down at sunset. Links to the Mother have been severed by hands made of cold metal. Technologization is the first enemy on the path of those fighting for the restoration of the natural order. It is easy for everyone to see. For those who do not know what Luddism means; historically the Luddites flourished in Britain from about 1811 to 1816. They were bands of men, organized, masked, anonymous whose object was to destroy machinery used mostly in the textile industry, guilty of creating unemployment and poverty. They swore allegiance not to any British king but to their own King Ludd, a mythical character believed to have been the first person

to damage a machine to protect his work place from unemployment. In this period, during the industrial revolution, the Luddite revolt was open-eyed class war. The first victims of the industrial revolution organized themselves to resist its impact. The common man threatened by technology decided to stand his ground fighting the new menace. It was a short insurrection, quelled in blood by the British army. But it planted a seed, an example for those weary of their lives without sense, ruled by the clock of greed, slaves of the useless and unnecessary. Technologies are never neutral, yet they can be used to enhance human lives, but the price to pay in the end is the highest: deforestation, community disruption, desertification, pollution, wild life disappearance, native cultures and identities cancelled by the billion dollar multi-national corporations etc.. Industrialization is killing our planet, it is time that the people in the Earth and animal liberation movements started to realize the binds that lead to our uncertain future. Globalism must be opposed by the empowerment of the coherent bioregion and small community; technology and anthropocentrism go hand in hand, our opposition is not only possible but necessary. Then what does being a neo-Luddite mean? How does it relate in everyday life? Honestly, at this stage neo-Luddism is an idea still growing and developing in my mind. It would be hypocritical to call myself a neo-Luddite because I still partake in the system and its mechanical means. But a strong and righteous idea cannot be broken so easily. Step by step I try to make my life simpler, getting rid of all the uselessness society pushes on me, yet I still use a lot of products coming from what I despise. I use a computer on a daily basis and drive a car, but in my mind I know the time will come soon when my bad habits will stop. On the other hand my computer helped me a lot in spreading the Vegan SXE lifestyle. As you can see the matter is pretty difficult to solve and I could continue to write for pages and pages, I only hope you have got my point. To those interested in Luddism, try to check out Kirkpatrick Sale's book 'Rebels Against The Future' and Ed Abbey's 'The Monkeywrench Gang', take a critical look at the Unabomber's manifesto or, if you have access to the web dial Luddism and check out some sites on the internet.

4. The Rome SXE scene seems to be going from strength to strength at the moment-could you tell us about the bands and zines etc.that exist in your local scene.

Well, sadly here in Italy Roma is the only 'real' hc scene.

A lot of things are happening, a lot of new bands and shows are set up on a regular basis helping the scene to grow and prosper. A lot of things should be said so see the scene report elsewhere in the zine.



5. Maurizio, I know that you train in fighting arts and keep fit by being active in various sports-how important do you feel that fitness and abilities in combat arts are to those involved in the struggle for liberation?

Our current lifestyle is wrong and unnatural. We do not have to forget that we are animals in the end. We need to run, to exercise, to sweat and feel alive through our bodies. Sitting 6 hours a day in an office and another 4 in front of a tv at our houses doesn't do anything except weaken our bodies and minds. Ancient Romans used to say 'Mens sana in corpore sana', a healthy mind in a healthy body. It's so good to experience the full functioning of our bodies when in action. It helps to

reinforce our links to Mother Earth, keeping alive our instinct and animal heritage. The more I grow the more I understand how important it is to be able to defend myself and those around me. We live in all but a peaceful place, to bow down the head in front of injustice is to die inside. A reaction, even violent is often necessary to stop the wicked course of evil. For those involved in the struggle for Earth liberation it can be of extreme importance to learn a fighting art, to learn to use a weapon or take knowledge of survival in the wild, and any other thing which can be useful in the struggle.

6. Maurizio, you also run SURROUNDED RECS. and do WAR HYMN zine-could you tell us about those, future releases on the label etc.. Are the other members of the band involved in any other projects outside of PURIFICATION? WAR HYMN is a little newsletter I do once in a while, the second issue is out now, I'm working on the third and last one, because I really do not have enough time to do it again. SURROUNDED is a label devoted to spreading the Roma SXE scene and the Vegan SXE lifestyle around. I'm putting out the DEHUMANIZE debut 7", they are an 'almost' Vegan SXE band playing CRADLE OF FILTH/OBITUARY influenced black metal, I don't think there's around a hc band more metal than these guys. A benefit comp. 7" for imprisoned ALF activists is out now. Next are the STATEMENT/DIM MAK split 7", the DIM MAK 7", CLANDESTINE 7" (Germany Vegan SXE), REINFORCED 7" (Roma Vegan SXE old school, no singing about how the past was better, but pure Vegan SXE fury!) and some other things I'm working on. Other members of PURIFICATION play in other Roma bands.

7. What musically inspires the members of PURIFICATION?

Well, we are four different individuals with different tastes and all. But music-wise we can all agree that the main sources of inspiration for our music are: EARTH CRISIS, RAID, SLAYER, MERAUDER, STRONGARM and ABNEGATION. Our guitarist is the one who writes the music.

8. Your song 'Purified In Blood' advocates the use of militance in avenging the innocent blood that is shed every day, with such lines as 'mine are the vengeful hands of justice'-what is your answer to those who advocate total pacifism in the fight for liberation, and say that extreme militance has no place in our struggle? Using Ronnie Lee's words 'Total pacifism is an immoral philosophy' expresses my thoughts. The problem is a different one, how good would the use of violence and killing be for the animal liberation movement? Will it create a mass hysteria against the associations striving for the liberation of all innocent life doing more harm than good? Or instead will it scare people involved in the bloody business to change their activities in order to not get hit? I don't know exactly if killing a vivisector, even though he deserves it would be of any good to our struggle. I remember this matter was debated in a back issue of Arkangel. What I think is that people have to get active in any way possible and to confront the greedy scum face to face, using any means necessary to help our unlucky sisters and brothers.

9. How widespread are vegetarianism and veganism in Italy?

When I first started my vegan lifestyle, around 7 years ago it was pretty difficult to find any veggie or soy foods designed for the vegetarian market. But now things are much better, to be vegetarian seems to be 'trendy' lately, a lot of people jump on it because of its obvious advantages but also because there is a different consciousness towards the animals and their right to live, people seem more careful and sensible. It is no longer rare to meet vegetarian people, veganism instead is still a strange word. Our local SXE crew has around 50/60 vegans, but we are only a drop in the ocean!

10. What initially made you go drug free?

It was natural, my heart told me what to do. When I was 15 years old I tried to see what drugs were all about, I tried some shit kids of my age used to do at the time, it didn't do anything except reinforce my opposition to those who only want to dream of a better life. It wasn't for me to live for illusion and self-decay. I understood back then that my life could be richer and better because I want it to be that way and not because a substance induces me to believe it. The Vegan Straight Edge is the path of reality, of those unwilling to drown in the sea of mediocrity. Drugs are

the tools for eternal damnation and the rotting of the soul, of inanity and self-destruction. Drugs are counter-revolutionary, a weapon in the hands of the governments to sedate the mind. I simply heard the voice inside me telling me to do what I believe to be better for myself and not better in the eyes of someone else. That's all SXE is about, being myself.

11. Maurizio, you recently came over and toured the UK with ABSENCE-what were your impressions of the UK?

England was definately a country I was eager to visit. I've got a lot of beautiful memories from that trip. I made some new friends and reinforced my ties with old freinds. But what I like the best about your country is the huge quantity of veggie foods available-Every place I went to eat I found a vegan alternative, it was fabulous, a real food paradise. And even health food stores are way cheaper than here in Italy! I know vegetarians and vegans are in high number in your country and that's something I like. The weather was not the best, but who cares. I didn't have enough time to really understand everything but my impressions were good. Your scene is sure better than Italy, but to be honest I saw too many hc people into booze and less Vegan SXE people than I expected to see.

12. What future recording plans do PURIFICATION have?

We have tracks coming out on the CATALYST RECORDS comp. CD benefit for the Animal Defense League, on the Animal Truth CD comp. on SOBER MIND from Belgium and on the 'Out Of The Cages' benefit 7" comp. on my label. Our 7" will be out late Spring.

13. Any closing words?

Thanks for caring to do the interview. I only want to encourage anyone interested in doing something for the animals to take courage and engage in the struggle. There are so many things any one of us can do; leafletting, fund raising, doing a zine, participate in rallies and marches etc.. I've a lot of material concerning animal and Earth liberation, anyone interested just drop me a line and I'll send him/her xeroxed copies and stuff to better know what we are about. Please don't be deaf to the voice of compassion, act. Thanks again.

PURIFICATION, Maurizio, Via Oderisi Da Gubbio 67/69, 00146 Roma, Italy.

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NATURAL MEDICINE

Article by Caroline

Natural medicine is becoming more and more popular as people are made more aware of the harmful side effects of many of today's remedies. It is gaining respect from the public as well as the health service. In general, the purpose of complimentary/natural medicine is to treat the person as a whole, taking into account the physical AND emotional characteristics, using natural, readily available and harmless products, the majority of which are plant-based or mineral-based. They are prepared without harm to the environment or animals, and in general have no harmful side effects whatsoever, if used correctly. Some plants contain toxins to protect themselves, so it is important to know which plants can be used safely if you are preparing your own remedies, but if you are buying them ready made, always read the bottle/packet carefully, (especially if you are pregnant or treating a small child, as children's skin is more sensitive than an adult's) as you would with any other medication.

Modern medical treatments frequently treat the symptom rather than the cause, and as a consequence, more medication is often handed out in order to treat the side effects caused by each tablet or treatment, meaning that many people take several tablets every day.

There are many different types of natural treatments, some available in shops for self-treatment, for others, e.g. acupuncture, you must see a qualified practitioner, not all of them are. For many ailments in today's world, a change in diet or life-style is often all that is needed to rectify the problem, for example:

- *eat plenty of fresh fruit and vegetables.

- *if you are not already, GO VEG(ETARI)AN, as this quickly improves your all round health both in the immediate and long-term future, much decreasing the risk of heart disease, different forms of cancer, and susceptibility to common problems such as headaches, colds, flu etc.

- *stop smoking now (...lung cancer, heart disease...enough said)

- *cut out alcohol and sodas, try fruit juice or water

- *cut out caffeine, try the numerous caffeine free drinks available in health food stores

- *get out in the fresh air and get some exercise. Walk or cycle whenever possible, as this improves your health as well as being better for the environment.

- *get good quality sleep or rest

- *read a book or do something useful and productive instead of watching television all day and night

By following these basic tips, your health will improve and you will find you have fewer complaints. however, here are a few types of alternative medicines available as well as suggestions for some of the more common problems.

1. AROMATHERAPY

Our sense of smell is one of the most powerful and receptive of all our senses. The scent of plant oils contain ingredients that affect the nervous system and improve our health, both physical and mental. As such, aromatherapy uses natural oils, from flowers, fruits and roots/leaves of plants to improve our physical and mental well-being.

Many of these 'ESSENTIAL' oils have anti-fungal properties and almost all are antibacterial. They work either directly by smell, OR they are absorbed into the skin, and into the bloodstream, to stimulate the systems of the body.

The oils may be used as an inhalant, in the bath, or most commonly, mixed with a base (vegetable) oil in massage, (it may also be used practically e.g. burned to fragrance a room, or used in household cleaning products due to their anti-bacterial properties.)

For example, a headache can be eased using aromatherapy, with lavender oil. It could be put into a bath, or massaged into your temples and neck. (However, it shouldn't be used in small children).

2. HERBALISM

Herbs have been used to treat medical conditions since the beginning of time. It is estimated that 80% of the world population rely on herbs as their first choice of medication. As with aromatherapy, it is important to know which herbs are safe to use if you are preparing them yourself. Herbs have uses when dried or fresh, and when prepared in different ways, most of which I will try and cover:

a) TEA/INFUSION - very simple and quick, either using herbal tea bags which are available in most supermarkets as well as health food stores in a huge range of flavours, or made at home with fresh or dried herbs, (if using fresh, use 3 times the amount of dried).

So to make 1 mug, use 1tsp dried herbs (3 fresh) and simply add boiling water, leave to infuse for 5 minutes, and strain away the herbs before drinking.

An example of a good herb to use as a tea is peppermint which acts as a pick-you-up, soothes indigestion, and helps relieve a cold.

b) COMPRESS/POULTICE - applying herbs directly onto the body either hot or cold. The heat relaxes muscles, cold reduces swelling,, and the herbs are absorbed into the skin. (Not for use on broken skin though as warmth allows bacteria to breed).

A poultice is made using chopped herbs wrapped in a piece of linen and immersed in boiling water (keeping hold of the ends of course) until soft. Squeeze off excess water and when cool enough, place on the affected area.

For example use COMFREY with cabbage to ease the pain of arthritis.

Use FENUGREEK seed and MARSHMALLOW root on inflamed skin.

A compress is made by soaking linen in an infusion. Swelling and bruising can be treated with a cold compress.

For instance use a cold compress of WITCH HAZEL for inflammation.

To stimulate circulation, use a hot compress of GINGER.

3) COOKING WITH HERBS - herbs add more nutritional value to a simple salad, they also stimulate and soothe the digestive tract. For example chives,, fennel, basil. Crushed leaves can be added to olive oil or vinegar, left in a warm place for a couple of weeks, and strained to make a nice salad dressing. e.g. basil, garlic, mint

Herbs can also be added to flavour cooked food, for instance, try adding garlic and basil to crushed tomatoes in a blender for a delicious soup (but go easy on the garlic for the sake of those around you!)

d) BATHING WITH HERBS - either including a bag of dried herbs, or pouring the liquid from an infusion, or an essential oil into your bath water, enables you to have a soothing bath from which you can gain medicinal value, just by lying in it! For example, to soothe aches and pains, try HYSSOP OR ROSEMARY LAVENDER and MINT are both refreshing and help relieve coughs and colds

e) another useful property of some herbs is as an insect repellent. Either they could be put into a jar and placed in a room, or for example, dilute 15 drops of THYME essential oil in 1 pint of water and put in a spray bottle to spray in areas that ants enter the house, instead of harmful chemicals which are lethal to insects and other wildlife.

The best ones to use are: ELDER - mosquitoes

FEVERFEW - flying insects/moths

LAVENDER - midges

TANSY - flies

Specifically for colds:

- to clear the nose - EUCALYPTUS
- for a sore throat - gargle with LEMON JUICE
- as an inhalation - 6 drops of THYME in 2 pints of boiling water

Herbalism is probably the easiest form of natural medicine to use at home, being cheap, simple to prepare and with many methods of use, simply sprinkling garlic over your meals will help to ward off colds and even heart disease, (although an ODOURLESS capsule may be more socially acceptable!!)

3. HOMEOPATHY

Homeopathy is a form of natural medicine that works by stimulating our own bodies to heal ourselves. It's site of action is on the electro-magnetic field which surrounds our body (called CHI in Chinese, and PRANA in Sanskrit, which means breath or vital force).

Homeopathy is the art of matching the energy of an individual to that of a specific treatment. The remedies are prepared from plants and minerals, (although watch out for those which contain animal products such as oil or e.g. SEPIA which uses the ink from a cuttlefish), they can be bought as tablets, powders or tinctures (these however often contain alcohol), should not be taken for longer than recommended, as symptoms may then return. The remedies act with the body, stimulating our own defense mechanisms. It is based on the law of similars, like being cured by like. The way it works is still poorly understood, but basically a micro-diluted dose of a substance is given, which in a healthy person would produce symptoms similar to that of a person with the ailment we are trying to treat, but in the 'sick' person, the body's defenses react against the disease/injury. A remedy must therefore be chosen to match the symptoms.

Unlike western antibiotics which kill some of the essential bacteria in our bodies as well as those infection producing ones, thus weakening our own system, homeopathy has been shown to work on our own resistance to infection and therefore will strengthen our system, and again in comparison to antibiotics, homeopathic remedies do not become ineffective if overused. This is becoming increasingly problematic for western practitioners as bacteria are constantly mutating to overcome the antibiotics and therefore people are unable to fight off infection themselves as their bodies are not used to having to, because the antibiotics did it for them, but there are new resistant strains and therefore people are dying unnecessarily.

As homeopathic remedies are quite complicated to prepare at home without using alcohol, it is easier to buy the tablets from either health stores or some of the larger chemists. When actually selecting a particular remedy, there are normally a wide selection of very specific symptoms associated with a more general ailment, each with a different remedy, so study this carefully before buying. For example, to treat a condition such as asthma, where steroids are normally prescribed and which have an enormous list of side-effects, e.g. racing heart, nausea, tremor, and even seizures, there are 7 different remedies suggested. To help asthma, it is recommended that you drink plenty of fluid, do breathing exercises, and eliminate dairy and wheat products. To treat an acute attack, try:

- ARSENICUM 6 OR 30.....when anxious, tossing and turning, worse at night.
- BRYONIA 6 OR 30.....when wheezing, dry, little phlegm, worse with movement.
- CHAMOMILLA 6 OR 30...coming on after anger.
- KALI CARB 6 OR 30....whistling, wheezing, choking cough, breathing relieved by bending forwards.
- MAG PHOS 6x.....spasmodic nervous asthma with exhaustion.
- NUX VOMICA 6 OR 30...linked to stomach disorders, clothes feel tight, feel bloated.
- PULSATILLA 6 OR 30....worse in evening, in a warm room, after eating rich/fatty food, need fresh air.

Homeopathy can be used for a wide range of disorders, which are all broken down very specifically, as you can see from the above. Obviously it is important to choose the correct one, so do some homework before you buy any remedy. The tablets are taken several times a day, and are either chewed or sucked, not just

swallowed. Read the instructions carefully, and watch out for any cautions.

4. ACUPRESSURE

Acupressure is a form of Chinese medicine, which is a descendent of acupuncture and which you can try on yourself at home. You simply have to apply pressure with your thumb to the relevant acupressure point so you just need to learn all the right points to press to bring about relief, or stimulate energy.

In this article I can only give you a very brief introduction to acupressure, as the only way to learn it is to find out where all the points are and have a go. The concept is that the body is charged with CHI energy, which travels along pathways known as meridians, (there are 14 of these and they are named according to the different organs of the body), and along these meridians are ACU points where energy focuses before moving on. By applying pressure at one of these points, the energy may be stimulated if perhaps it has got stuck, or relieves pressure if the energy has become overactive and needs to move on. It can be used to treat the symptoms of specific acute ailments, or to boost your energy levels. For example by pressing just below the kneecap, on the the outside of the shin on both legs (the little hollow bit) gives your energy a boost if you are feeling run down. This is a point on the STOMACH meridian, point 36. There are 'peak' times when each meridian will be more receptive e.g. the HEART GOVERNOR; between 7 and 9pm, and breathing is another important factor, you should breathe out as you apply pressure and in as you release it.

Here are just a few examples:

Anxiety.....HT3 (heart meridian point 3-with elbow bent, just inside elbow, against the bone)

Colds.....LU7 (lung meridian point 7-above the wrist crease, on the thumb side of the arm)

Lower back pain...BL23(bladder meridian point 23-level with the space between the 2nd and 3rd 'lumbar vertebra')

Obviously there are numerous points for all types of ailments, so I would recommend buying a book on the subject if you are interested in trying it. It is a really easy (and cheap!) form of self-healing, and well worth a try.

5. ACUPUNCTURE

Acupuncture works in a similar way to acupressure, but instead of pressing the acu points with your thumb, a trained acupuncturist will insert a needle into the correct point on a specific meridian. It can be used to treat a full spectrum of conditions, both physical and psychological, including depression, eating disorders, insomnia, common colds and infections, as well as more chronic complaints: heart failure, poor circulation, asthma, bronchitis, hayfever, irritable bowel syndrome, arthritis, migraines etc. to name but a few.

You cannot do acupuncture on yourself, it takes 3 years training if you feel you would like to try it on somebody else. The needles are not painful at all, and improvement may be felt within a couple of days, although for an acute condition such as headache, it may be felt immediately. The 'NEI JING' states that 'when the evil is a recent guest in the body, it does not have a fixed abode in the body and can be expelled'! If you are going to try acupuncture, the most important factor is to consult a qualified practitioner. Write to either of the following addresses for a list in your area:

UK	USA
British Acupuncture Council, Park House, 206-208 Latimer Road, London, W10 6RE. 0181 964 0222	American Association of Acupuncture and Oriental Medicine, c/o National Acupuncture HQ, 1424, 16th Street, NW Suite 501, Washington. DC 20036.

So there is a brief(ish) guide to some of the more common types of natural medicine. This is by no means an exhaustive guide to the topic, and as with any type of medical treatment I would urge you to be careful and in some of the areas highlighted, seek further research-however, hopefully this article will have made you aware of a number of areas of natural medicine and their benefits.

SCREAMS OF SALVATION

SCREAMS OF SALVATION is a label dedicated to releasing drug-free bands with a strong message and dedication to the struggle for human, animal and Earth liberation. With its beginnings in 1997 with the release of the debut demo by the UK's SLAVEARC, SCREAMS already has a number of releases planned for the rest of 1998.

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DAY OF SUFFERING

All questions answered by John.

1. Could you give us a brief introduction to DAY OF SUFFERING's history and line-up. DAY OF SUFFERING started in March of 1996 with our first show being the infamous Cleveland fest. We've had numerous lineup changes but now we are essentially back to the original lineup with Paul Hart-Drums, Jonathan Williams-bass, Steve Hart-guitar, John Chafin-vovals, lyrics and Sean Hart-keyboards. We have only released 'The Eternal Jihad' CD on CATALYST/LIFEFORCE RECORDS.

2. A song on your cd which has gained a lot of attention is the anti-abortion song 'Elegy'-what reaction have you personally gained from people regarding that song? What do you think of those people who say they are anti-abortion but pro-choice in certain circumstances?

We've had a couple of shows where people have challenged us on our anti-abortion stance but for the most part I think the response has been rather tame. Despite what people might think, we are calm and rational people so when people start yelling and screaming at us we just try to break the argument down into discussions where all sides can present their opinions in a civilized manner. As far as people who are selectively against abortion, what can I say? I obviously disagree and can see no situation where the child deserves to be murdered with the sole exception of situations where the mother's life is in danger. In those cases I think the life most likely to survive deserves the chance.

3. Jonathan, your bassist is macrobiotic and I was wondering if you'd be interested in expanding on the topic as it's a subject that relatively few people know much about.

I'm not sure to what degree Jonathan is involved in macrobiotics. I know he still follows the diet, for the most part, but I'm not sure how into the philosophy he is.

4. Are there many people who are vegan and drug-free in your area and does DAY OF SUFFERING get any trouble from people in NC for your lyrical content? To tell you the truth, I don't really know much about the scene here in NC but the majority of people that I know are vegan and generally quite supportive of DAY OF SUFFERING. There's a pretty cool band called UNDYING but my favourite band from NC is this band called BUZZOVEN who sound like a mixture of BLACK FLAG and BLACK SABBATH.

5. Being that through DOS you convey a message through music-what bands influence you personally? and also DOS as a whole? Personally, I like bands like CELTIC FROST, old KREATOR, old PARADISE LOST, MY DYING BRIDE, MAYHEM, CRADLE OF FILTH, MORBID ANGEL and tons of the older black, death and doom bands. Everyone in the band listens to a variety of music but I think our general influences are AT THE GATES, CRADLE OF FILTH, and MORBID ANGEL even if we don't sound like any of those bands.

6. How many shows has DOS played? and what has the reaction been like live? You mentioned to me that DOS may well have to be only a studio band for the time being, how come?

I really have no idea how many shows we've played as DAY OF SUFFERING, not really that many. Crowd reaction has generally been very positive, I can't really think of any bad shows besides our set at the Indianapolis Fest last year which was horrible not because of the crowd, which in fact was quite supportive, but because of terrible sound and equipment malfunctions. We are kind of a studio band right now because we only have one guitar player and he is married and has a kid so he has to dedicate most of his time to his family. However, we may be playing some shows in the future with a guitar player that will just fill in for live shows and not be a permanent member.

7. You were planning on touring Europe in 98 but is that extremely unlikely now with recent developments?

We all really want to come over and tour Europe but, as stated in the last question,

we would have to find two guitar players to fill in because Steve simply cannot leave his family to go on tour. Another problem is the financial side and the tremendous expense for us to come to Europe. However, we are working on it so its possible that Europe may see DAY OF SUFFERING this fall with replacement guitar players.

8. Throughout 'The Eternal Jihad' there are a number of spiritual references, I was wondering if you could elaborate on your own spiritual beliefs? The spiritual references on 'The Eternal Jihad' were more figurative than literal. I used an abundance of those types of references simply because they present extremely strong images and make very radical impressions on the listener. I don't advocate organized religion in any shape or form and basically just exploited those images to get my point across.

9. What originally made you want to form a band? and what inspires you to continue doing DOS?

Originally, when we first started FALLING DOWN it was mainly just because Steve, Paul and I were the only kids in our town that were into hardcore. Then as we went along we became more involved in our beliefs and our sound so we decided to change our name to DAY OF SUFFERING. Our motivation has always been just to express ourselves lyrically, addressing issues pertaining to the crisis of the modern world, and musically, in a way that's powerful and interesting.

10. You're also working on getting another band together at the moment, tell us a bit about that.

Well, as you know Chris, I'm really into bands like THE SMITHS, SUEDE, old DAVID BOWIE, NEW ORDER, so Paul and I are working on starting a pop band with those types of influences. We're currently looking for a singer and a bass player because I'll be playing guitar. people into DAY OF SUFFERING, unless they like the bands I mentioned will probably hate it. We're not going to try and be in the hardcore scene or anything like that.

11. If you had to recommend some books to anyone what would they be?

Ok, I'm going to name a couple of educational books and then a couple of my favourite novels. First, on the educational side I would recommend Green Rage by Christopher Manes, The Wretched Of The Earth by Frantz Fanon, The Black Panthers Speak, and although I haven't had a chance to read it all the way through yet Ishmael by Daniel Quinn. My favourite novels are The Portrait Of Dorian Gray by Oscar Wilde, Crime And Punishment by Dostoevsky, The Stranger by Albert Camus and as cliched as it sounds, The Lord Of The Rings by Tolkein.

12. As a vegan, what do you think should be said to a vegetarian who considers themselves an animal liberation activist?

Of course I think its hypocritical but I suppose its better than not being vegetarian. Hopefully, their involvement in activism will open their minds to the consequences of their non-vegan diet and they will change and become vegan.

13. What are the future plans for DOS? as you mentioned to me about a slight change of direction on the new stuff that you've recorded for LIFEFORCE?

Our future plans seem to change every day but right now we are planning on releasing a limited edition split 7" on LIFEFORCE RECORDS, that will hopefully be out by May(I'm not sure with who) and then recording a new MCD this spring. Our new material is much more melodic and involved than our past material and reflects more of a European black/thrash influence. Also 'The Eternal Jihad' is being repressed in Europe with the FALLING DOWN 7"(including one unreleased track)being added as bonus tracks. We also have shirts and sweatshirts available through LIFEFORCE RECORDS. Anyway, thanks for the interview Chris and good luck with SLAVEARC.

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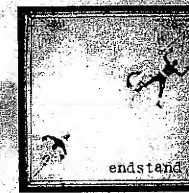
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REVIEWS

MUSIC:

AFTERSHOCK-Letters CD(LIFE SENTENCE):

AFTERSHOCK excel on their first full-length release with a full frontal deathcore assault. The metallic guitar lines tear at the ears as Tobias growls and screams through these 10 tracks of rage. Influences for these guys would have to include a healthy dose of bands like CORRIN and MAYDAY alongside SLAYER and death metal. Great stuff. Completed by one of the best guitar intros I've ever heard on a SXE record.

ANOTHER VICTIM-Demo:

This has got to be the best thing I've heard in ages. Imagine a Vegan SXE MERAUDER and you're nearly there, but add to that the hatred of weakness and addiction that courses through every line on this tape, and you've got ANOTHER VICTIM. Watch out for a release on EQUAL VISION soon. Oppressors and defilers of life-witness your demise!

BACKFIRE!-All Bets Are Off CD(KINGFISHER):

This is BACKFIRE!'s second full-length offering-a sequel to 96's 'Rebel 4 Life' and this time round the whole thing sounds much tighter and more intense. Very much in the Euro mosh arena inhabited by RYKERS etc. with mid-paced breakdowns and fast breaks fronted by gruff vocals. I don't have a lyric sheet but from the song titles the words seem based around scene issues of staying true to hc and also personal issues of showing strength in times of trouble.

BIRTHRIGHT-2 Track Tape(CATALYST):

This is awesome. Vegan SXE hc at its best complete with impassioned vocals, crew back-ups, big chugging riffs, divebombs and inspiring lyrics. These two tracks sound heavier than their 7" but carry on perfectly from that release. I can't really say anything else about this tape other than it is essential as was their 7". 'This world is poison, but I will arise'.

CLEAR-This Sickness Must End MCD(LIFE SENTENCE):

CLEAR totally impressed me on this MCD with some aggressive metallic SXE fronted by vocals which rotate between a high-energy angered shout and a more reserved singing voice, which adds a unique contrast to the overall feel of the CD. Lyrically the words are slightly abstract but refer to various personal turmoils and emotions.

ANOTHER VICTIM(Danielle Dombrowski)



CONTEMPT-One Justice CD(MARCH THROUGH):

From the opening sample which leads into a scream of 'One Justice' CONTEMPT inspire rage and hatred towards the oppression of this world. Perhaps closest comparisons musically would be a mix of 'Firestorm' era EARTH CRISIS, GREEN RAGE and mid-period ABNEGATION. Brad screams out the desire for justice to be served upon all oppressors of innocent life. This CD contains some of the best lyrics to ever come out of the hc scene. A necessary release in the age of sickness. 'Every pedophile hung to die. Every oppressor of an innocent child victimized.'

COUNTERWEIGHT-Sculptured In Blood Demo:

Another raging Polish band here. This is intense, heavy stuff. Musically powerful with chugging guitars and throaty, screamed vocals intent upon opening your eyes to the struggle for liberation. The lyrics highlight the modern world's destruction of innocent life and show the way ahead through the war to liberate all innocent life. Essential.

DAMAGE ID-No Defeating Your Throne Demo(REPEL):

Germany's DAMAGE ID present their debut demo here, the second tape release on REPEL RECORDS. The message on the cover reads 'Dedicated to hardcore music and the Straight Edge lifestyle' and that encapsulates 'No Defeating Your Throne'. Tight and driving CRO-MAGS style hc grabs the listener's attention while the gruffened vocals deliver a solid message of self-reliance, standing against the stupidity of people and the advocacy of a life free from destructive and numbing poisons.

DIGRESSION-Controlled 7"(SA MOB):

This is quite old now but still deserves your attention. Chugging metallic SXE hardcore which brings to mind CANON, EARTH CRISIS etc.. Fronted by lyrics about control and sell-outs. A good release.

EIGHTEEN VISIONS-Lifeless MCD(LIFE SENTENCE):

This is just plain awesome. Crunchingly dark and heavy SXE that tears it up from the first note. Lyrics are as intense as the music, conveying a hatred for oppression. Not much else left to say apart from this will blow you away if you like metallic hc.

FAULT-7"(WORDS OF WAR):

XWORDS OF WARX's fourth release in the form of FAULT's debut 7" begins with a brooding intro which kicks into a powerful new school SXE sound reminiscent musically and vocally of bands like TORN APART. The darkened atmosphere created by the intro continues through the 7" as the music continually incorporates quieter, brooding guitar parts fronted by lyrics following threads of hatred of the 'American Dream' and the accepted lifestyles of the mainstream.

FOLLOW THROUGH-Taking It Back CD(SMORGASBORD):

FOLLOW THROUGH from Connecticut stay loyal to the spirit of the band that pretty much put their home-town on the hardcore map-WIDE AWAKE. 10 tracks of youth crew SXE reminiscent of, as mentioned, WIDE AWAKE and also YOUTH OF TODAY, UP FRONT etc.. FXT play with passion and energy which is the lifesblood of the old school style which can often feel hollow and unconvincing, but not so here.

INCANTATION-The Forsaken Mourning Of Angelic Anguish CD:

INCANTATION unleash their latest CD and it's business as usual for these guys from Ohio. Brutal riffs and furious drum patterns led forward by immense growling vocals sums up INCANTATION's take on brutal death metal. If you're a fan of death metal as it should be played then you'll love this. It even includes a top-notch cover of DEATH's 'Scream Bloody Gore'.

INNER DAM-Through The eyes Of Suffering 7"(RPP):

New York's INNER DAM deliver with 4 tracks of metallic hc on this their debut release on RPP. The music here twists and turns as John Vista's anguished vocals convey words of personal pain, conflict and the necessity of standing up for the beliefs you hold. A strong foundation for further releases.

INNER DAM-The Day Everything Meant Nothing MCD(RPP):

INNER DAM are back and where their 7" was good, this is awesome. This time around ID pummel the listener straight from the initial chord of 'Silence In The Grave' through to the MCD's closing track 'Splinter Off'. The whole package is tighter, better produced and packs one hell of a punch. If you are into metallic hc like HATEBREED, ALL OUT WAR etc.. then INNER DAM are a name you should watch out for.

KICKBACK-Forever War CD(KINGFISHER):

Many people have labelled KICKBACK as the European MERAUDER and while similarities are there in sheer musical presence and intensity, 'Forever war' proves that KB are only too capable of standing on their own. This is metallic hc of the highest and most brutal order, with no time to catch your breath KICKBACK pummel you with riff after riff of hc which breathes anger, hatred and disgust-just check out the artwork and song titles which perfectly complement the soundscape created. The soundtrack for war.

LOBOTOMY-Kill CD(NO FASHION):

The label-name under which LOBOTOMY reside aptly describes their new release. There is no fashion jumping here, this is one Swedish band that doesn't show any signs of joining their Swedish scene counterparts and including melody lines. Instead we are treated to a CD's worth of high octane death metal with some razor sharp riffs and an aura of overall brutality.

OFFKILTER-Demo 98:

A new band from Sheffield who belt out 6 tracks of mid 80's style punk reminiscent of bands like GBH. I don't have a lyric sheet, but from what I can gather the words convey a general disdain of the mainstream. Recommended to fans of the 80's punk style.

OUTCOME-7"(SA MOB):

Excellent release here which alternates between mid-period EARTH CRISIS and full-on deathcore. Lyrics are about personal pain and hatred which perfectly compliments the music. SA MOB serves up the goods again.

POWERHOUSE-No Regrets CD(BLACKOUT!):

POWERHOUSE blast their way through their full-length for BLACKOUT! in fine style-pounding through 14 tracks of early NY HC done POWERHOUSE style. Comparisons could be made to early SICK OF IT ALL but PH firmly stamp their style on this release. All rounded off by lyrics about hypocrisy, greed and religion.

PURIFICATION-advance of 7":

There really are so many good Vegan SXE bands out there at the moment it's truly inspiring, giving an essential ethical kick in the ass to the apathy and lyrical redundancy which abounds in the majority of the music scenes that exist today, and PURIFICATION are one of those bands. Perfectly combining the power and intensity of EARTH CRISIS with influences from some of the heaviest metallic hc bands around. On top of all that Maurizio's lyrics are excellent, advocating revolutionary struggle and action to stop the abuse and oppression which drives this insane culture and its uncaring, malevolent inhabitants.


UNCONQUERED-You Say Moderation, I Scream Prohibition MCD(LIFE SENTENCE):

This has been on my CD player a lot lately. Reno's UNCONQUERED play some damn heavy, metal charged hc with tons of big mosh parts that probably make the dance-floors in their home town insane. Militant SXE lyrics complete this awesome package. 'I'll show you suffering, I'll give you pain, your poisons will never inherit my veins.'

UNLEASHED-Warrior CD(CENTURY MEDIA):

UNLEASHED's newest release has been criticised by a number of people as being basic and samey, and yeah perhaps they're not the most technical band around but I love this CD of straight up old school death metal. UNLEASHED are one of the only death metal bands who have been around for years and have stuck to their guns and have refused to trend-hop. A CD of powerful riff-laden extreme metal at times reminiscent

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of early CELTIC FROST that will be on my CD player for a long time to come. Props to them for including a song dealing with the self destruction and uselessness of drug use as well.

UPFRONT-Movement CD(SMORGASBORD):

UxF's 'Spirit' LP rates up there as an all-time SXE classic and this new release recreates the energetic feel of that first release with its mix of youth crew style blast beats and passionate vocals. This time round though there's also a feeling of a kind of latter day 7 SECONDS/TURNING POINT influence with perhaps a more searching feel to the music rather than the straight up youthful energy of 'Spirit'. 'Movement' is testimony to a band who have stood the test of time and who are still willing to tackle important subjects such as vegetarianism and drug-free living, and proves that at least someone believed in what they said in 88.

VANGUARD-None Forgotten Demo:

Reminiscent of early REFUSED, though a bit heavier VANGUARD impress musically on this tape. Intense hc with angry, screaming vocals combine on this tape with lyrics largely regarding socialism which is not my thing, as I believe in a struggle based upon liberating all innocent life, not just that of human workers. However, I spoke with one of the members on the topic and he informed me that VANGUARD do not subscribe to a traditional idea of socialism and so I look forward to further explanation on future releases, but lyrically this still relies too much on the dogmatic language of socialism and class struggle for my liking.

VARIOUS-21ST Century Media Blitz CD(CENTURY MEDIA):

A cut-price sampler with tracks from a huge range of bands present on CENTURY MEDIA's ever-strengthening roster. There are a few tracks on here which aren't to my personal taste-but there are 20 bands here covering a massive range of styles, so that is to be expected, and I would recommend this as a cheap way of finding out about a ton of good bands and also introducing yourself to some new styles. Standouts for me were

KICKBACK, MERAUDER, SKINLAB and THE GATHERING.

VARIOUS-Kickboxing Is Not A Crime CD(RPP):

This comp. is a dream come true for the heavy hc fan. Openers ENRAGE always impress and often remind me of SHEER TERROR, and here on their 4 tracks they deliver the goods as usual. Then a new band on me, CITIZEN PAIN take up the gauntlet for their 4 tracks of driving metallic hc with some really good breakdowns and lyrics about media lies and the importance of believing in yourself. BLOOD FOR BLOOD follow, who I've heard a lot about and who musically and to some extent lyrically remind me a bit of NEGLECT, this is impressive stuff. FACE DOWN are up next and suffer from a pretty bad production but their ideas shine through pounding out 4 tracks of metallic hc with a very original vocal style which covers a vast spectrum from usual NY gruff style to shout/screaming to singing. STEP ASIDE from NY turn out 5 tracks of aggressive hc. And last up are TIED DOWN who have Mike ALL OUT WAR on vocals and will impress any fan of old school and early AGNOSTIC FRONT in particular. As I said a must for all fans of heavy hc, and despite the fact that most comps. have about a fifty-fifty split of hits and misses I was impressed by most of the bands on here.

VARIOUS-The Goodlife Vol.2(GOODLIFE):

This, the second GOODLIFE comp. kicks off in grand style with a storming SLAYER inspired NYHC track from 25 TA LIFE. From then on there are a number of high points on the comp., SPIRIT OF YOUTH's metallic but melodic 'Into Despair', COMIN CORRECT's NYHC 'My Family' and LIAR's 'Battlecries'. At a budget price you can't go wrong with this guide to one of the fastest growing labels in hardcore.

ZINES:

I'm afraid there aren't any zine reviews this time around because to be honest most zines I read I hate, and I don't feel like spending my time talking about the look of a zine or the bands featured if the whole thing doesn't inspire me in any way. Most zines seem nothing more than the ill-thought out rants of a fool. I'm sick and tired of reading interview after interview with bands who have nothing to say apart from 'hardcore rules' or talk about how evil they are, it means nothing. However, there are some notable exceptions and some zines I have enjoyed lately and would recommend are: ONE FACE, NEVER GIVE UP, BREEDING DEMONS, TIRADE, WORLD COLLAPSE and VALUE OF STRENGTH.

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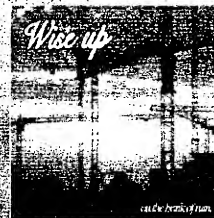
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big mac	veal	rack of		bacon	sausage	kidney
chicken	wieners	roast		meatloaf	"spare"ribs	kobassa
chucksteak	bacon	sausage		veal	steak	liver
ham	bologna	"spare"ribs		wieners	veal	meatloaf
hamburger	beef			you	meatballs	meatballs
hot dog	big mac			wieners	mutton	pastrami
kidney	chicken			veal	pepperoni	pepperoni
kobassa	chucksteak			"spare"ribs	rack of	rack of
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mutton	kidney			meatballs	big mac	veal
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CAFFEINE

Article By Caroline

Caffeine is one of the most widely accepted and frequently used drugs. Not only is it found in coffee and tea (including traces in the de-caffeinated varieties), but also chocolate bars and drinks, cola drinks (again including de-caf), and some of the most commonly used medications e.g. simple aspirin.

The effects of caffeine on the human body are being studied, so far, the cup of strong coffee that you desperately scramble for to wake you up in the morning has been proven to be harmful both physically and psychologically. Caffeine is a stimulant drug, and therefore acts on the central nervous system (CNS), making you anxious, shaky or jumpy, and can cause your heart to race.

Headaches are one of the most common complaints and are often a direct consequence of caffeine consumption. Due to it's highly addictive nature a headache also results from withdrawal in a similar way to alcohol/heroin withdrawal. Because your awareness is increased, and you are more alert, it can also cause sleeping problems as the mind and body are still restless hours after the last intake of caffeine.

A high caffeine intake (3 cups of coffee per day) causes nervousness, anxiety/panic attacks, apprehension, irritability and sleeplessness.

Caffeine seems to have a profound effect on pregnant women. Not only has it been proven to cause a delay in conception in otherwise fertile women, but it also has a severely detrimental effect on the foetus. It is a teratogen, which is defined as 'any agent that can induce or increase the incidence of a congenital abnormality', for example cleft palate and a hare lip. An intake of 71mg caffeine per day which is approximately one cup of moderate strength coffee, has been linked to a significant reduction in the birth weight, in particularly those who smoke.

Another study showed that drinking about 3 cups of tea or coffee was associated with an increased risk of spontaneous abortion, even more so than alcohol or cigarette smoking in early pregnancy, and on average, people drink 4 or 5 cups every single day which can directly lead to the death of your baby according to this study.

As can be seen, caffeine like any other drug has inherent destructive qualities, respect your life and health, abstain.

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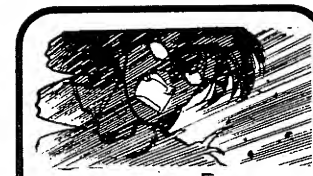


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V.O.D. KNUCKLEDUST 25 TA LIFE WARZONE

H20 EARTH CRISIS WITHDRAWN

FALL OF BABYLON



Aggression means the natural answer to oppression
Hate means action against all that's false....
And now...when the blood of our enemies flows
We sound the charge
The battle has just begun-UNLEASHED

VICTIMS OF CHOICE

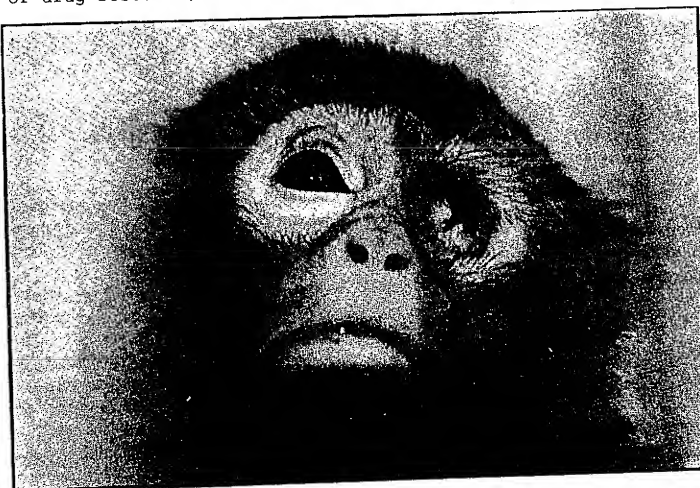
FUR:

Up to 40 animals may be killed to supply the pelts used in one fur coat. These animals, often natural predators, are genetically encoded to roam large areas every day. They are raised in painfully cramped cages, never knowing what lies on the other side of the fence. Kept alive with drugs long enough to create a profit, these innocent creatures face excruciating execution at the hands of humans driven by greed. To satisfy the vanity of a privileged few, animals die by gassing, 'spinal dislocation,' or anal and genital electrocution, all of which often leave their victims incapacitated but alive while being skinned. The cruelty of this act is compounded by the fact that it is completely unnecessary. Humans do not need the skin of other animals to stay warm.



VIVISECTION:

The public is led to believe that animals in labs are cared for, well fed, properly anesthetized during surgery, and if anything painful happens to them, it's for the general welfare of humans. This is wrong. Vivisection labs (vivisection can be translated as the cutting of live tissue) are animal hells, where 'subjects' are neglected, abused, starved and mutilated in the name of modern medicine. Whether it's product testing or drug research, the suffering inflicted upon millions of confined animals far outweighs



any supposed benefits. Besides, redundant tests on creatures that are physiologically different than ourselves is bad science. Billions are spent funding research to find cures for diseases humans bring upon themselves, through lifestyle choices such as eating meat and failing to exercise, and for products that we don't need. Doctors and corporations will continue to profit from this torture

until the general public realizes that this brutality is totally uncalled for.

ABORTION:

We abhor fetal murder as we abhor the murder of all innocent creatures. A fetus is not a tumor, or a parasite, it is a living, growing individual with a separate and distinct genetic makeup from the moment of conception. Abortion is the ultimate violation of the sanctity of life. It is the end product of a society that teaches us that humans and other animals are there for our gratification, and that sex is a commodity to be obtained. As we brush off the consequences of reckless and unhealthy sexual behaviour,



women suffer, unplanned children are conceived and these children die. Regardless of emotional arguments defending abortion as a form of self-empowerment, or that it is simply a woman's issue, the fact remains ...the fetus is a life, and abortion is murder.

HUNTING:

As humankind has become more and more aware that the Earth can provide more than enough food for all inhabitants, hunting has become a sick recreational activity. Killing is viewed as masculine, or defended as 'getting in touch' with nature. In actuality it is brutal, senseless, and severely detrimental to the ecology. As we look at weakening animal gene pools, overpopulation of certain species, and numerous other problems in rural areas, we can only look to ourselves as the cause. When we weigh the damage done by sport hunting with any supposed recreational benefits, it's obvious that killing for fun cannot be justified.



Vegans For Life is a nonprofit organization dedicated to promoting veganism and anti-abortion ideals as a consistent 'life' ethic. We oppose the slaughter of innocent creatures, regardless of species, sex, race, age or location. We have come to the realization that you cannot logically condemn the oppression and slaughter of nonhuman animals and defend fetal murder, and vice versa. Vegans For Life promotes legislation, education, abstinence, abortion alternatives, and positive social and community action.

For more information on Vegans For Life write to:
Vegans For Life, PO Box 80012, Indpls, In 46280, USA.

THERE WILL BE NO COMPROMISE:

I will not compromise in the face of adversity, apathy and this ethically corrupt, ruinous, hedonistic world. I will not compromise to gain scene points or to make you like me—there are far greater issues at stake. I will not compromise any part of my belief to stand in defence of all innocent life to concentrate on one issue which others find more acceptable—there will be no betrayal of any innocent life—one ethic, one justice. I will not compromise and say that the butchering of countless animals to serve humanity's insane bloodlust is acceptable—to compromise is to add silent consent to the murder. I will not compromise when I see the results of drug and alcohol consumption—I abhor the destruction and I will not allow the innocent to suffer because of your selfishness—the countless innocent victims of second-hand smoke, the shattered remnants of a family grieving the loss of a child to the madness of a drunk-driver, the neglected child of the addicted parents—they will never be forgotten, their misery will be the flame which destroys the depravity. I will not compromise when I see the beauty that is nature raped, scarred and pillaged before my very eyes. As paradise is defiled by greed and malevolence. I will not compromise because innocent life means more to me than the scene, than temporary friends, than the mind-numbing, life-hating entity that is the modern world. Compromise is a betrayal and there will be no betrayal here.

UPHEAVAL

All questions answered by Nathan

1. Could you start by giving us a history of UPHEAVAL.

UPHEAVAL has been around for less than a year. It is a collective of people from many of the local bands that existed, or still exist, such as BIRTHRIGHT, COAR, and STANDSTILL. We have all left our other bands to focus on this one. We all learned to play our instruments in the punk and hardcore music scene and have evolved as musicians to what we love the most: metal.

2. Is UPHEAVAL's music a very definite reflection of the members listening tastes, ie. that you have a metal sound-do you predominantly listen to metal? and what bands inspire UPHEAVAL's sound?

Our sound is definitely a reflection of what we listen to. And we happen to all listen to a lot of metal. Metal is something we have been listening to for a long time. I'm very happy to finally be a good enough guitar player to be able to play it. I guess the bands that inspire us the most musically are SUFFOCATION, CANNIBAL CORPSE, DEICIDE, MALEVOLENT CREATION etc..

3. The inside of your demo cover reads that 'this band is about more than music'-do you consequently feel that music is an important medium through which a message can be conveyed?

The influence of music is great. Most of what we are, and what we stand for, is a result of what any band with a political message, such as DOWNCAST, EARTH CRISIS and GORILLA BISCUITS has conveyed through their lyrics and essays. It was the music that first grabbed my attention, but soon I began to educate myself as a result of what they had to say. It is a good way to tell people about this fucked up world that we live in. We don't try to preach to anyone, we just offer the information and let whoever come to a conclusion. What good does it do to try to force someone to believe what you want them to believe. None and so, we try to use the music that we love to play to inform people about things that we feel should be addressed.

4. Your song 'Forced Into Extinction' speaks of returning to what was ie. a life in harmony with nature-how do you feel this may best be achieved? Does UPHEAVAL advocate militancy in the struggle to re-attain the natural balance and in standing in defence of the Earth and all life upon it?

To return to the balance in nature, we must do a combination of several things. Choosing a diet that has the least negative impact to the environment and one that is biologically natural to humans such as veganism is a step in the right direction, but it is not enough. We must also live a lifestyle that is ecologically sound, one that reduces our 'need' for natural resources, and one that produces much less waste and pollution. There are lots of little things that we can do to re-attain the natural balance that really add up quickly. If we do not globally start moving towards this healthy way of life, the Earth will be uninhabitable for most of the life that exists.

As far as if we advocate militancy to defend the Earth, I'm not completely sure. We haven't really discussed it as a whole, but I think that everybody believes that it is necessary for the survival of life. After all, we really don't have the time to wait for the governments of the world, as well as the global society, to care about or to pass legislation to preserve the environment. It is my opinion, based upon the articles and statistics that I have studied, that at the rate at which we are destroying our environment, we only have a few hundred years before most of the tropical rain forests are gone and our clean air and water supply is polluted. For the survival of all life on earth, we must fight!

5. 'Abhorrent Tradition' addresses the sickness that is hunting-is hunting popular in the area in which you live? and is there much hunt sabotage both in your area and in the USA as a whole?

Hunting has been fairly popular where we live for quite sometime. In the state that we live in, every deer had been hunted down and killed in the 1800's. The Indiana State Government had to bring in deer from other states to repopulate our state.

Today, in some of our parks, the deer have become so overpopulated that they began holding 'controlled' hunts. The problem isn't the deer, it is the fact that man has wiped out all of their natural predators. The really sad part about the hunts, is that many of the deer have become so tame and used to humans that they will eat out of anybody's hands, and the hunters often use this to their advantage to lure out some deer and then blast them. A park ranger came and spoke at one of my environmental classes a couple of years ago, right after the first 'controlled' hunt, and told us some disgusting stories about the hunters who were doing this. Of course he thought it was amusing, but I was sickened by what he had to say. Anyhow, that particular hunt did not do nearly as well as they believed it would. Hunt sabotage does not, as far as I am aware, occur often. I'm not really sure if there is any hunt sabotaging going on here at all, but there might be. I haven't heard of any.

6. Has UPHEAVAL played many shows yet? How have your shows gone so far?

We have played quite a few shows in the past year. Most of them were in-state, but a couple of them were out-of-state. The shows that we have played have been really cool. Many of the local kids have been going nuts when we play, which is real cool to me. I like seeing kids sing along and dance at our shows. If everything works out alright, we are going to be touring this summer for a couple of weeks in June with another band on the same label as us called AN ACRE LOST. That tour should be a lot of fun.

7. With UPHEAVAL's sound being predominantly metal are you looking to play any shows with death metal bands and so on to take such an essential message to a wider audience?

Taking our message to a wider audience is something that we are very interested in doing. It seems to me that the death metal scene is one of the most untouched scenes as far as politics is concerned. For a while, I thought that it would be cool if we played only metal shows, but then I realised that I would miss the energy of the hardcore scene. Hardcore kids are way more sincere than metal kids. Actually, we might be playing with INCANTATION and maybe INTERNAL BLEEDING in the next couple of months. If we do, it will be our first real metal show.

8. What are your opinions on Hardline?

I agree with most of what the Hardline movement is about. My opinions on some issues differ only slightly. To me, it sucks that Hardline has been given such a bad rap, simply because most people are too busy listening to rumours of what Hardline stands for instead of finding out about it first-hand. I used to have a bad opinion of the Hardline movement until I began hanging out with some Hardliners and I learned what they really believed on the issues that I had heard other people talk about. It was quite different than what the rumours stated. Overall, I think that the Hardline movement is doing great things to advance Earth and animal liberation.

9. How old were you when you first got involved in the Earth and animal liberation movement? and have you seen any changes in the movement between then and now?

It was a little over five years ago, when I was 17, that I got involved in the Earth and animal liberation movement. I started off vegetarian and then became vegan six months later. In the past five years, the biggest change that I have noticed with the movement is its growth. In my town, there are three or four times as many kids now that are vegan than there were when I started out. Veganism and political activism is a big thing here. It is really cool to see this movement grow as quickly as it has. I'm anxious to see what it is like in another five years.

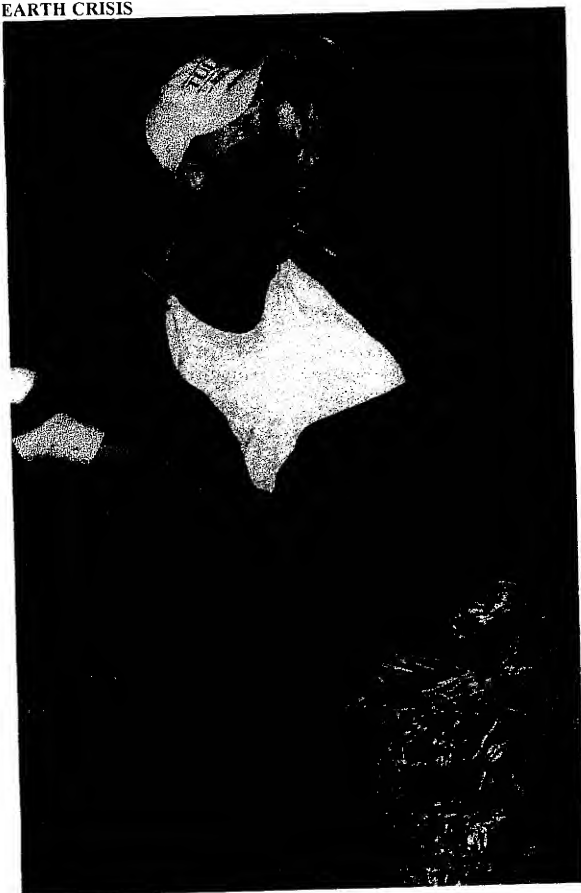
10. Final comments?

I guess I could leave you with a little line of wisdom, but instead, I will leave you with this quote:

'The enemies of heavy metal, we cannot forgive'

-MANOWAR

UPHEAVAL, 5504 Closser Ct., Indpls, IN 46221, USA.



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ROMA STRAIGHT EDGE

by Maurizio

This is a quick look at the situation of the SXE hc scene of Roma, Italy's capital town and the place where I live. In a plethora of all kinds of alternative and rock n' roll bands that we have here, I can proudly affirm that the local scene has always been a stand-out for real hc music and attitude, hosting a numerous and active hc community and providing the national scene with a lot of good bands. We have gone through some bad periods in the past when it seemed that almost everyone was going to lose the edge or turn into emo nerds! But in our efforts to make the scene grow we got rid of all fakers and pretentious artistical assholes. As I can look at it now, the scene is today stronger than it has ever been before. I see lots of dedicated and sincere people working to build something strong and longlasting. Needless to say ours is a predominantly vegan and poison-free scene, and almost all the people who really move things around stay in that degree. Well, let's go for a sightseeing through the hc and SXE bands active here.

REDEMPTION have a fresh debut 7" out now thanks to the merry people at SURROUNDED RECORDS. There's no great show-off of technical capacity here and neither pretentious attempts at melody, but only pure, raw and brutal as hell pissed off hc reminiscent of INTEGRITY, RINGWORM, SLAPSHOT and CHORUS OF DISAPPROVAL. No messing around but pure brutality. Although the lyrics are not so direct, everyone in the band believe the Straight Edge as a faith to bring always tall and proud.

TIMEBOMB is the most famous band coming from Roma. But their notoriety is only destined to grow within the next few months, since their next full length is going to be released by two of the finest hc labels on the two shores of the Atlantic. It will be out in Europe through Belgian label GENET RECS and in the States through CRIMETHINC RECS.. Their first full length 'Hymns For A Decaying Empire' is already a classic of its genre, but I can assure you that the new one is much better! And mark my words here when I say it's going to be a great release. Expect a heavy mix of Norwegian metal and Roma's own heavy style. They have also a track on the forthcoming compilation 'European Straight Edge Vol.2' out on GOOD LIFE RECS., and another track on the 12" 'In Our Time' comp. out now on CRIMETHINC.

STRENGTH APPROACH have their debut 7" out now on SURROUNDED RECS.. They play what is now commonly labelled as 'old school'. The main influence is definately NY youth crew era(86-89 circa), with GORILLA BISCUITS as ruler of the game, and that's easily recognizable, especially in the singing, but here and there you can also feel a bit of BOLD, YOUTH OF TODAY and STRAIGHT AHEAD. The 7" is 6 songs long, but it's total time is about only 9 minutes, so you know what to expect! Straight Edge in your fucking face!

OPPOSITE FORCE is one of the oldest Straight Edge bands active in town. Their debut MCD 'Near' has been quite a standpoint of Roma's own style, furious tough sounding NY-influenced music and quality recordings. Actually their style is somewhat back to the roots, less metallic and more in the vein of BREAKDOWN and RAW DEAL. The new full length will be out in 98 through SURROUNDED RECS.. Only an advice, look for it when it's out, or that's something you'll regret!

PURIFICATION-see interview

DEHUMANIZE is a Straight Edge band devoted to the dark side. Their debut 7" is planned to be out in January 98 on SURROUNDED RECS.. They play the heaviest metalcore around. Slow and evil hc in the vein of STARKWEATHER, MAYDAY and CRADLE OF FILTH. The singing is hoarse as few on earth giving the whole a furious and savage feel.

REINFORCED is the local PROJECT X. Well known scenesters gather together to put out a fine blend of CRO-MAGS, YOUTH OF TODAY, CHAIN OF STRENGTH and UNIFORM CHOICE. The main intent is to expose infidels to the strength of pure and fanatical SXE intolerance. Songs about beating people up, veganism(as everyone in the band is vegan), the usual 'stabbed in the back' one, and all the cliques of real SXE bands. They have a song on the Roma SXE 7" comp. and the debut 7" is planned for March 98 through SURROUNDED RECS..

Chaos A/D/Disorder unleashed/Starting to burn
 Starting to lynch/Silence means death/Stand on your
 own feet/Inner fear/Your worst enemy
 REFUSE/RESIST
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Stay tuned.

LEGION is a Vegan SXE project band who is going to release a MCD os SURROUNDED. The music is real black metal in the vein of EMPEROR, MARDUK and STORM!!! I hope everything will work out for the best and the MCD will be out for summer.

RDD have out only one demo by now, but they sure kick ass. The members are all SXE but as a whole the band do not identify with it. The music is an awesome mix of MISFITS gorecore and Californian melodic stuff ala YOUTH BRIGADE and AGHENT ORANGE. Keep an eye open for them!

HOME RUN is another one of the new bands coming out from Roma. Their attempt is to focus on old-styled hc, following in the footsteps of UNIFORM CHOICE and 7 SECONDS.

GODFATHER is a band made up of old and new scenesters. The music is a rip-off of early VISION OF DISORDER, MERAUDER and macho stuff. We'll see what the future will bring for them.

MELTDOWN play heavy and metallic new school hc in the likes of TIMEBOMB and CONGRESS. Rumours I've heard recently told me their guitarist is actually in prison, so I don't really know what the band is up to actually. And there are two other bands active in the town, both with no name. One play basic 80s NYHC and the other a more modern and technical new school hc.

SURROUNDED RECS-see PURIFICATION interview

That's all that comes to mind. Due to our geographical location we Romans have always been kind of cut out from the big European SXE hc scene. But that has not been a big problem, the scene grows with each day passing, with strength, sincerity and dedication. Hoods up the Legion is back! Anyone interested to contact Roma bands can use the following address. Ciao.

SURROUNDED, Via Oderisi Da Gubbio 67/69, 00146 Roma, Italy.

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STRAIGHT FOR THE ANIMALS

If you are reading this you probably do not consume animal products, wear animal skins, or buy animal tested products- or so you think. It is discouraging to see animal liberation activists smoking, drinking, or doing drugs. Cigarettes, commercial beers and wines contain animal products and they are all, including drugs, tested on animals. To be completely cruelty free, it is necessary to be straight. Here are the reasons why.

First of all cigarettes have been, and continue to be tested on animals in cancer research. It is no secret to us that the same test might be repeated any number of times. It is also not just one company that funds the tests, they all do. To stamp out animal research we must stress preventive measures. To do that, we cannot support tobacco companies. Also, in the manufacturing of cigarettes, the tobacco is hung in a warehouse for a certain time period. To insure that the tobacco doesn't dry up, a substance is put on it that contains glycerin. Glycerin can come from sugar, petroleum, or animal fat.

Alcoholic beverages are likely to contain slaughterhouse by-products as well. To process beer and wine, manufacturers often use blood, egg whites, and or isinglass from fish. Alcohol is tested on animals. Pregnant monkeys have been forced to consume huge quantities of alcohol to determine the deformities it will cause in their offspring. Baby monkeys developed deformed skulls and severe brain injuries. Baboons have been forced to consume alcohol to see if they will develop liver disease. The list of horrors goes on and on. Also, Telleyes endorses hunting and it's logo even features the image of a Hunts master. Coors and Miller sponsor rodeos, and many other alcohol companies sponsor animal abusive forms of entertainment such as horse racing. A true opponent to animal abuse should boycott alcohol.

Drug tests go on despite the fact that rehabilitation centres are under funded and staffed. Clinical tests could provide more accurate, applicable results, but the government continues to waste money on animal tests. Dogs have their spinal cords cut and are then dosed with P.C.P. During withdrawal they are subjected to skin burning to test their reaction to pain. Primates, cats, mice, elephants, etc. are forcibly addicted to drugs and undergo cruel, painful tests.

By using drugs you are contributing to the epidemic that has caused agony to both humans and non human animals. Just think about the following points, and bare in mind the impact on the animals.....

- **SMOKING** = Cancer, emphysema, bronchitis, air pollution and dependency.
- **ALCOHOL** = Cirrhosis of the liver, diverticulitis, pancreatitis, brain cell depreciation, moronic behaviour and dependency.
- **DRUGS** = Brain cell depreciation, HIV, hepatitis, moronic behaviour and dependency.
- **ALL OF THE ABOVE** = Debility, government support, multinational corporation support and death.

• ADDICTION = SLAVERY.

It seems only logical that to liberate others you must first liberate yourself. If you don't wish to live drug free for the benefits that you will enjoy, then do it for the sake of the animals. If you truly care about animals you will choose to live drug free.

For further information on Animal Liberation and Veganism, please send stamps or a donation to:

The Animal Defence League
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ADL-UK CHAPTER

1. First of all, could you give a brief introduction to the ADL-its history, goals etc..

The ADL is strictly a grassroots orientated animal liberation organization, dedicated to exposing animal abuse in all of it's forms. We believe in liberation as opposed to the awarding of rights. For abused animals only total liberation will be good enough. The goals of the ADL are to achieve this total liberation, nothing less will do. We want people to question their habits and look closer at how their lives affect other animals and to change their habits accordingly. people need to realize how abusive their lives are and to change.

2. The ADL formed in the USA-how did you hear about it? and what made you decide to start up a UK chapter?

When I moved to university I was eager to start an animal liberation group. I started searching the internet for information and came across the ADL New Jersey web page, I thought it sounded awesome. I e-mailed them and Darius was very helpful and gave me loads of information. After talking with him it just seemed like a good idea to use the name.

3. You are about to begin work on a number of projects to raise money for the chapter in order to print leaflets, distribute information etc. tell us about those.

Raising money is always hard but thanks to a few awesome people it's been made easier. Thanks must go to all those who have organized shows as benefits. These are really helpful and I'm really grateful to those people and also to the bands who play. In the future I'm going to set up a small distro with literature, stickers and t-shirts focusing on animal liberation, hopefully this will raise some money.



4. The ADL's primary focus is on animal liberation, but both as individuals and collectively do you support any other struggles/movements/organisations?

I personally support many struggles for liberation. Liberation is not a single

issue reserved for animals(at least it shouldn't be). Human and Earth liberation are equally important, all need to be achieved for one to succeed. The ADL focuses on animal liberation, this is not lowering the importance of any other form of liberation it is just for practicality this is all we can handle. Please look into other liberation groups fighting for other struggles. Personally I support groups such as Amnesty, Third World First, Earth First!, etc. one day I hope to be involved in an umbrella liberation group.

5. The ADL promotes veganism as one step in the fight for animal liberation, what made you originally embrace veganism? and do you think that too many people once becoming vegan, to some extent 'rest on their laurels' and believe it to be enough instead of seeing it as only one part(albeit very important)of the struggle, a struggle where everyone should always strive to do more?

I went vegan because I realized it is ultimately the most compassionate and healthy lifestyle. I believe all life has the right to live out it's natural life as free from human intervention as possible, the best way is through veganism. On close inspection of ones thoughts and feelings and through looking at rational there is no defensible argument against veganism.

Veganism is a start but there is always more one can do, I think too many people leave it at simply being vegan. Too many people also view veganism as simply a dietary choice, it is more than that it's a whole lifestyle. Veganism is the basis for liberation but there is always more one can do. People should involve themselves in human and Earth liberation and also I feel very strongly about self liberation

through drug free living(this is not necessarily the view of the ADL although most involved agree with me). I also feel people should look more into the result of their actions and think carefully before they do anything, they should weigh up the pros and cons.

6. The ADL has very firm views on tactics for the struggle, the use of protests, civil disobedience and so on-but how do you feel about those who choose to employ or advocate what are sometimes called 'more militant' means of liberation?

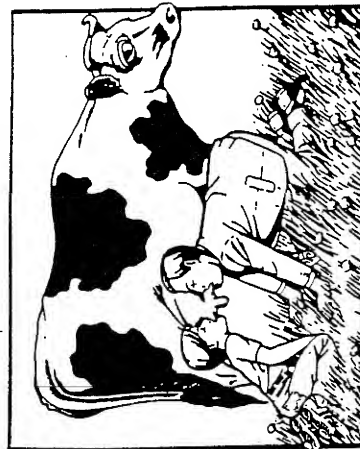
The ADL totally supports the Animal Liberation Front(we produce a flyer, just drop me a line if you want a copy). I believe those willing to risk their lives for others freedom deserve all the support we can give them. Don't believe the media lies, the ALF has never killed or even harmed one person during its actions. Its guidelines forbid it. As for more militant factions of the animal liberation movement, the ADL neither condones or condemns. I do personally however believe from a vegan viewpoint that it's contradictory to, unless one is a complete pacifist(which I believe to be immoral), not be willing to use violence in the struggle for liberation. It simply illustrates speciesism and I detest speciesism. There is nothing wrong with self-defence, this is often criticized in the media and used to make the animal liberation movement look fanatical, self-defence is a right.

7. Does the ADL have any faith in things such as petitions, writing to government officials etc.? And do you think it is sensible for those propagating views such as animal liberation to be seen so openly in public at protests, marches etc. due to the high incidence of police surveillance etc.?

I believe petitions serve a purpose, up to this point the ADL UK hasn't used them but we may. Although I must say due to the hunting fiasco and many other political mishaps my faith in legislation is waning. I believe public demonstrations can be hazardous but then I also think they have many benefits, if well organized. I do want to use them in the future. In America those not wanting to be recognized wear balaclavas, I'm not sure what I think of that. If people are interested in doing

DAIRY IS RAPE.

Few people realise the torture that goes into producing dairy products. A cow naturally produces milk, however this milk is meant to feed her calf. Not to satisfy humans unnatural desire for milk, cheese, butter, yogurt and other dairy products. In order to produce these products the natural bond between cow and calf needs to be broken. After a few days the cow is put on milk substitute, a calf would normally suckle for six months. The cow is kept pregnant for 9 months out of the year and milked for 10. In her final lactation a cow would produce 3 litres of milk a day but under the dairy system of today she is made to produce 30.



Her natural life span is 20 years or more but not surprisingly under this unnatural system she is worn out long before that, the cows are pushed beyond their natural limit, disease (36%), poor yield (28%), and the inability to give (36%) seem reason enough to kill the cow for burgers at 3-7 years. In the meantime the calf only 20-25% go on to provide milk. The remainder end up in veal crates, killed at 2 weeks for pies, rennet for cheese making, calf skin usually turned into suede, or reared for beef production.

Stop contributing to the rape and genocide, consider veganism. It's the most compassionate dietary choice. For further information on how you can further the struggle for animal liberation and on veganism please send stamps or a donation to:

The Animal Defence League

PO Box 476,

Bradford,

BD7 3BT,

England.

Email: animaldefence@hotmail.com

demos please get in touch. I do however feel picketing places like Hillgrove Farm(a farm where cats are bred for vivisection..Chris)is essential and the ADL will definately be organizing transport to there, so again get in touch. I feel sometimes we have to sacrifice our freedom for that of others. I do however not expect ALF activists to involve themselves in open protest, that is simply too risky, their work is best done in secret. Police surveillance sucks, it's another intimidation tactic to try and keep us in line.

8. When did you first get involved in the struggle for animal liberation? and what initially prompted that involvement?

I got involved in the animal liberation movement six years ago when I first went vegetarian. That was the beginning for me, it led me to veganism and from there my involvement has steadily increased.

9. Are you sometimes astounded by the apathy that pervades much of the SXE scene? ie. that so many people profess a belief in animal liberation but never actually back up any of their words?

People are apathetic and it sucks. The SXE scene is sadly no exception. I guess these people will eventually be beaten by the system, I have no time for them. Apathy=weakness. Actions and words go hand in hand. Words alone are useless.

10. As those involved in the struggle for animal liberation what inspires you to keep struggling against what often seems like overwhelming odds?

I guess my conscience, I know veganism and animal liberation are right, and I can see positive changes daily. Friends and those with commitment also keep me going. If you start believing you've lost then you have. We will win this war, morality will prevail.

11. What are the future plans for the UK ADL?

To further the struggle for animal liberation and to reach outside the hardcore scene with our campaigns. I am also going out hunt sabbing so to try and get more people involved in that and to organize transport to regional demonstrations. If you are interested in any of those please get in contact I could really do with the help.

12. Final comments?

Thank-you Chris for the exposure and help. To all those who need advice on veganism or animal liberation please get in contact, we all need to start somewhere. Please write if you can help distribute flyers, we have 'Support the ALF', 'Dairy Is Rape', 'Drug Free For The Animals', 'Vivisection:The Sick Science', 'Never Again'(drawing comparisons between Nazi Germany and McDonalds)and I'm sure by the time this is out we'll have more. We also do an animal liberation handbook(purely for educational purposes)if you want that send a donation. Stamps are also always needed. Please if you are not vegan consider it, there is no excuse. Live vegan. Peace.

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'Greed, cruelty, violence, sadism: these qualities, alas, are all too typical of present-day human behaviour. It is time to act, high time-if we want to regain the dignity the animals have never lost. If we really wish that the world might become once more what it was at the beginning of time: a shared paradise.'

-BRIGITTE BARDOT



EXTINCTION



THE ORDER THAT SHALL BE

Fuck this hell that man has made/It's time for it to end/Nature must endure/Until death I will defend/This fight relentless/An apostle of the order that shall be/Nature will be left in peace The animals set free/The final end of wildlife's habitats destruction/A future for species once pushed towards extinction/Animal murderers Violators of the innocent must die for their crimes/Driven by avarice/This world's a fucking nightmare/Blackened skies/Deforestation Poisoned seas/This civilization's price isn't worth the fee/Perpetrators of this madness your right to live is gone/Your burning bodies shall light the path to a glorious new dawn/If warnings go unheeded and pleas for mercy are ignored/Our alternative to militant resistance is a half life in a dead world/Peace cannot exist without justice They are one in the same/Perpetrators of this madness your right to live is gone/Your burning bodies shall light the path to a glorious new dawn

-EARTH CRISIS

Cursed by men this world has become
We are building our own tombs
By eliminating our source of life
When blindly we continue the
destruction-INCUBUS

YOUR WORLD WILL BURN

